Principal’s Report

As we come to the end of Term 1, I would like to thank my staff both teaching and non-teaching for all their hard work over the last nine weeks. The amount of time spent behind the scenes preparing for classes, developing learning plans, caring for students, taking sports training and other extra-curricula activities offered here at Ouyen is amazing. The term has been a short one but very busy with the added challenge of heat as well. Our students have worked very hard and everyone deserves a good break.

School resumes on Monday April 11th; School Council will be held on April 12th and Parent/Student/Teacher Interviews will take place on Monday April 18th. Forms to book an interview have been sent home this afternoon. Please return these as early as possible next term.

There have recently been some questions about playground areas and where students may play. Basically the only restricted area is in the P-2 playground at the East end of the buildings. We discourage older students from using this area for the safety of our younger children. Year 5 to 8 students are able to mix with each other and play together during breaks. The Year 3/4 students have access to the hockey field for football and there are often senior students who volunteer to umpire games. Areas in the scrub around the boundary of the school are out of bounds as these cannot be supervised.

Congratulations to Sarah O’Connor for her success in the Lions Youth of the Year Public Speaking Competition held at Wycheproof last weekend. Sarah will now compete at next level of the competition.

It was also pleasing to see that we had a number of students winning through to State level in swimming last week. We have two senior relay teams (boys and girls) heading to Melbourne early next term. Peter Darley will also represent our school in an Individual Medley event.

Have a Happy Easter and a great break everyone!

Leanne Dawes
Principal

ATTENDANCE BEAR:

Each week the Prep to 4 classes are eligible to have Attendance Bear in their classroom. The class with the highest attendance record for the week wins that right.

Congratulations to Year 2 who were the recipients of the Attendance Award last week. The lucky children get to spend the week enjoying the company of Attendance Bear.
THOUGHT FOR THE WEEK
People don’t notice if it’s summer or winter when they are happy.
Anton Chekhov

M A R C H 1 8 t h
B r i d i e  C l a r k e
M a r c h 2 0 t h
M a y a  B a r r y
M a r c h 2 2 n d
T a m z i n  E l l i o t t
M a r c h 2 3 r d
R y l e y  S i m s
M a r c h 2 4 t h
L u c y  P e n g e l l y
M a r c h 3 0 t h
M a g g i e  S m i t h
A p r i l 4 t h
R u b y  P e n g e l l y
A p r i l 1 3 t h
R o r y  N i h i l l

WEEKLY AWARDS

Super Star of the Week:
Prep: Mia Munro
Grade 1 & 2: Lucy O’Shannessy
Grade 3 & 4: Harrison Linklater

Literacy Award:
Prep: Neil Shine
Grade 1: Claudia Maynard
Grade 1/2: Brooklyn Singleton
Grade 3: Talia Munro
Grade 4: John Shine

Numeracy Award:
Prep: Macey Pengelly
Grade 1: William Shaddock
Grade 2: Bailey Petersen
Grade 3: Seanna Chalmers
Grade 4: Laura Shaddock

Attendance Bear:
Grade 2

Aussie of the Month:

Does your child need identification?
For $5 each your child/ren will receive an official Ouyen P-12 College I.D. card that can be used on public transport, to get into movies etc. See the ladies in the Office if you require one.

Ouyen P-12 College Proposed Camps 2016

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Venue</th>
<th>Dates</th>
<th>Cost approximate</th>
</tr>
</thead>
<tbody>
<tr>
<td>P-2</td>
<td>School</td>
<td></td>
<td>$5.00 - $10.00</td>
</tr>
<tr>
<td>3/4</td>
<td>Ballarat</td>
<td></td>
<td>$300.00</td>
</tr>
<tr>
<td>5/6</td>
<td>Melbourne</td>
<td>Sept 5-9</td>
<td>$480</td>
</tr>
<tr>
<td>7/8</td>
<td>Grampians</td>
<td>Sept 5-9</td>
<td>$400</td>
</tr>
<tr>
<td>9</td>
<td>Rubicon</td>
<td>October</td>
<td>$250</td>
</tr>
<tr>
<td>10</td>
<td>Canberra</td>
<td>May 2-6</td>
<td>$470 - $520</td>
</tr>
<tr>
<td>Year 11 Careers</td>
<td>Melbourne / Horsham</td>
<td>Term 2 &amp; 3</td>
<td>$250</td>
</tr>
</tbody>
</table>

LIONS YOUTH OF THE YEAR:
Congratulations to Sarah O’Connor for winning the Zone Final of the Lions Youth of the Year competition, on March 20th in Wycheproof. Sarah won the public speaking portion of the competition and was the overall winner of the day.
As in the previous leg, Sarah participated in an interview process, presented a five minute rehearsed speech and delivered two impromptu speeches.
We wish her luck as she progresses to the District Final.

Karen Pain
English Coordinator
MAY MARKET:
On Sunday, May 15th the RACV Energy Breakthrough teams (HPV & Pushcarts) are running a ‘May Market’. This will be a perfect opportunity for you to sell your unwanted items or maybe some homemade produce. We are working collaboratively with all stake holders and will distribute more information next term.

YEAR 10 NUMERACY:
Year 10 Numeracy students successfully constructed wooden toys for the children detained at Nauru. Skills used during construction were the study of shapes, measurement and basic woodwork.

Tania, a social worker from the Nauru detention centre gratefully accepted the donated toys and will distribute them with an accompanying letter from students.

Students had a unique opportunity to talk with Tania about her role at the centre and were able to explain to her how they made the toys.

FOOD TECH:
This week marked the end of our pastry and dough unit. The kitchens were busy with a range of recipes being created. Year 10s made delicious Cornish pasties, flaky savoury pinwheels, spicy vege filo tartlets and flavoursome cheese and herb muffins, followed by golden syrup dumplings [light and fluffy], Easter egg slice [rich and fudgy], Parfait trifles [sweet and juicy], and apple lattice tart [aromatic on superb shortcrust pastry]. Year 8 also rose to the challenge with their high quality versions of the pasties, pinwheels, Easter egg slice and apple lattice tart.
Work Experience / Structured Work Placement Dates – 2016
Year 10 – August, 15th / 19th
Year 11 – July, 11th / 15th
July 4th – 8th (Optional School Holidays)

**Construction Induction Card - Year 10**
This one day course is suitable for all *year 10* students.

- **Date:** Friday 27th May 2016
- **Cost:** $60 per student, balance subsidized by MIPPS (Cash or Cheque payable to Sunday (TAFE))

**Tertiary Studies & Careers Expo Adelaide (TSCEA)**
- **When:** Sunday day 10th & Monday 11th June, Adelaide Convention Centre

**Chances for Children Funding Round is Due to Open**
- **Open:** 29th February – Closing 22nd April 2016.
- **ACU – Australian Catholic University**
  - University Experience Days
    - **When:** Tuesday 5th July Melbourne    Tuesday 28th June, Ballarat
  - A Free Program for all Year 10, 11 & 12 Students

**La Trobe University – 2016 Experience La Trobe Events**
- **This is a chance to see the facilities, find out about courses and careers**
- **When:** Melbourne (Bundoora) Thursday 31st March; Thursday 7th July
  - Bendigo Friday 1st April; and Wednesday 6th July
  - Mildura Friday 8th July

For information and booking: [www.latrobe.edu.au/experience](http://www.latrobe.edu.au/experience)

**Zoos Victoria**
- **Would you like a Job Working with Animals?**
  - These programs are suitable for students in Years 7 – 12
  - Healesville Keeper for a Day: Healesville Vet for a Day:
    - **Warrick Open Range Zoo Keeper for a Day:** Please check the web site for more information on the programs offered.

**Macleay College – School Holiday Journalism Workshop**
- **When:** Tuesday 5th April, 9am – 12pm
- **Location:** Macleay College, Level 1, 55 Swanston St, Melbourne
- **Calling all future journalists! Come and try your hand at writing an attention grabbing headline, film a news story in our TV Studio, learn how to write your name in shorthand and more!**
- **A light lunch will be provided.**
- **Places are limited.**
- **RSVP** [https://macleay.edu.au/journalismworkshopsapril](https://macleay.edu.au/journalismworkshopsapril)

**ICIM – International College of Hotel Management – Adelaide**
- **Career Week 2016** 11th – 15th July and 26th – 30th September
- **Application forms are available from the Careers Office.**

**Monash University – Year 11 Inspirational Day**
- **It's a fun and interactive day. Students will:**
  - Learn how to choose a course – and a university
  - Talk to staff and students about what it's like to study at Monash
  - Explore a Monash campus
  - Acquire learning tools that will help them in Year 12 and beyond
  - Attend inspirational workshops run by faculty experts
  - Get informed by their peers, young leaders and members of the Monash community

- **Date:** Thursday, 7 April 2016
- **Time:** 9.15am – 2.45pm (light lunch provided)
- **Location:** Exhibition Space H1.16, Building H, Caulfield Campus

**University Open Day Dates 2016 – Open Days are held at universities and TAFE institutes each year, giving the public the opportunity to see the facilities, talk to staff and students, collect information and attend information sessions.**
- **Sunday 17th April – Dookie (University of Melbourne)**
- **Sunday 31st July – Swinburne University**
- **Sunday 7th August – Deakin University (Warrnambool)**
- **La Trobe University (Bundoora)**
- **Monash University (Caulfield & Clayton).**

**Friday 12th Saturday & 13th August – Flinders University, S.A.**
- **Sunday 14th August – ACU (Melbourne), La Trobe University (Bendigo)**
- **RMIT; William Anglis Institute**
- **Uni S.A.; University of Adelaide**
- **Sunday 29th August – Box Hill (Lilydale campus): University of Melbourne**
- **Deakin University (Waterfront & Warr Ponds);**
- **Sunday 29th August – ACU (Ballarat); Deakin University (Burwood);**
- **Federation University; Victoria University (Footscray campus).**

**Key VTAC Dates for 2016-2017**
- To assist with planning, VTAC is able to provide the following key dates for VTAC applications. Please note that these dates, while confirmed, are subject to review by the VTAC Management Committee.
- A full schedule of dates and fees for 2016-2017 applications will be available on the VTAC website later in the year.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th April</td>
<td>Scholarships applications close</td>
</tr>
<tr>
<td>9-11 Year 11</td>
<td>SEAS applications open</td>
</tr>
<tr>
<td>12th April</td>
<td>Scholarship applications close</td>
</tr>
<tr>
<td>14th April</td>
<td>Late course applications close</td>
</tr>
<tr>
<td>20th April</td>
<td>Very late course applications close</td>
</tr>
<tr>
<td>1st May</td>
<td>VCET Results andATAR released</td>
</tr>
<tr>
<td>18th January</td>
<td>Round 1 undergraduate offers available</td>
</tr>
</tbody>
</table>

**The University of Melbourne** will be visiting Mildura to give students, teachers and parents in the area the chance to talk to our friendly staff and find out more about:
- Courses and career outcomes, including the Melbourne degrees and graduate pathways
- Unique opportunities to enrich your degree such as studying a concurrent diploma or going on exchange
- Housing options, scholarships and student services

**Access Melbourne, our special entry and access scheme, which offers guaranteed entry to eligible students from rural and regional areas, and those with a disadvantaged financial background**

**Information for Indigenous students**
- **When:** Tuesday 3rd May, 2016
- **Time:** 6pm – 8:30pm
- **Location:** The Ballroom, Quality Hotel Mildura Grand, Seventh Street, Mildura

**Food and Fire Careers Day for Year 9-11 students – May 19 2016**
- Shepparton region.
- Workshops include but not limited to:
  - Beef and Dairy
  - Horticulture and Viticulture
  - Veterinary Science
  - Sheep and Wool
  - Equine
  - Agri Business
  - Conservation Land Management
  - Plant and Animal Science
- Video on the industry... [https://www.youtube.com/watch?v=LhaDOAAMXac](https://www.youtube.com/watch?v=LhaDOAAMXac)
- or go to the Gotafe facebook page [http://www.facebook.com/gotafe](http://www.facebook.com/gotafe)

**The Macpherson Smith Rural Foundation Scholarship (MSRF)** is a charitable institution dedicated to the needs of rural and regional Victorian communities.
- Demonstrated leadership capacity is a critical selection criterion for all MSRF programs.
- A maximum of two applications may be endorsed by any single school/principal in any given year.
- Applications for 2017 scholarships **Open on 1st May 2016**
- **Close at midnight on 18th July 2016.**
- **Value:** 45,000 over 3 years


**Names to Sue Sly if you are intending on applying for this scholarship**

**Sue Sly**
**Careers Coordinator**
YEAR 7 TEXTILES:
The Year 7 students took their quilt tops down to Eleanor who explained how the quilting machine works. The students selected the pattern to be quilted onto their blankets and the cotton colour they would like.
NET, SET, GO:
The starting date for Net, Set, Go has been moved to May to accommodate the upgrade of the court at Blackburn Park. The start date and times of sessions will be provided closer to the end of April.

Participant Registration:
Please use the following link to register: http://finder.netsetgo.asn.au/common/pages/public/programfinder.aspx
Once here, please search for the Ouyen centre and register into the program.
If you have registered in a previous year – you can go to return user section. If you do not know your ID please use your email address, as these were entered last year if one was supplied upon registering.

Registration Close Date:
The registration close date is currently set at 21/04/2016. When registering, please identify the T-shirt required.

Late Registrations:
Netballers who are registered after this date will have a delay in receiving their participant pack.

FUNDRAISING:
Thank you to Mr Harrow for participating in the Leukaemia Foundation Shave for a Cure.
The students enjoyed seeing a teacher having his head shaved.
Thank you to Mrs Elliott who took on the task of shaving Mr Harrow’s head.
A total of almost $300 was raised during this event.

OUYEN P-12 COLLEGE CROSS COUNTRY
WEDNESDAY, 20TH APRIL 2016

10.00 am 9/10 Year Old Girls (2km)
10.20 am 9/10 Year Old Boys (2km)
10.40 am 11/12 Year Old Girls (3km)
11.00 am 11/12 Year Old Boys (3km)
11.20 am 6 Year Old & under (400m)
11.25 am 7 Year Old Boys & Girls (400m)
11.30 am 8 Year Old Boys & Girls (450m)
11.40 am Girls 12-13/14 Years (2km)
12.00 pm Boys 12-13/14 Years (2km)
12.20 pm Girls 15/16/17/21 Years (3km)
12.50 pm Boys 15/16/17/21 Years (3km)

WHOLE SCHOOL PRESENTATION – 2.50pm
Students will have time in PE and sport classes to get in some training.
Students are encouraged to do some training before the event.
Maps of the courses are on the sport notice boards in the p-4 and 5/6 area.
BELL SHAKESPEARE MENTORSHIP:
Over the past few days I have been fortunate enough to be given the opportunity to attend a 4 day Professional Development program in Sydney with Bell Shakespeare.
I have been successful as one of 30 rural teachers across Australia in gaining a one year mentorship with the company, in which I will work to improve the teaching of Shakespeare in our school and community. This falls in line with the celebration of 400 years since Shakespeare’s death, and is the first year that this program has been implemented.
As part of the program I was able to work with people from the company, actors, the players who perform in schools across the nation, as well as a range of teachers from other states across Australia. Over the four days we established new methods of ways into the text, engaging students with how to interpret the language, and worked to make Shakespeare accessible to all ages, even Prep! We visited the NSW State Library to see their Shakespeare room, their collection of his plays and the very valuable and rare First Folio, as well as attending a performance of Romeo and Juliet at the Opera House, directed by Peter Evans.
This is a program supported by the Australian Government in order to assist teachers to improve the teaching and learning of Shakespeare, dispelling the negative feelings students often associate when they hear the name uttered!
I have grand plans in place for this year and can’t wait to have our students showcase all that they learn for the community later in the year.
If anyone is interested in being involved at all in sharing their love of Shakespeare, please call the school and let me know. I would be happy to have you on board!

Melanie Grant
LODDON - MALLEE REGION SWIMMING CHAMPIONSHIPS

Forty Ouyen P-12 College Secondary students travelled to Swan Hill on Thursday to compete against a large number of schools in the LMR Swimming Championships. The day was very hot and sunny and as usual, the blocks were slippery and pool very cold.

Congratulations to all of our students who tried their best in the pool. Ten students were successful in reaching the State Finals and several placings were achieved in individual and relay events throughout the day.

It was great to see our small school competing strongly against schools with much larger student numbers. At the end of the day we finished 2nd to a much larger school - Catholic College Bendigo.

Thank you to - the many parents who ventured to Swan Hill to support the students.
- Alan Vallance who drove us safely to and from Swan Hill.
- the staff: Sue Sly who drove students in the car, took photos and supervised students in our area. Mr. Clark who supervised and sent students to marshal.
- Mrs. Morrish who has coached the students at afternoon swimming training sessions and Maureen Wandel who coached students at Underbool. Our students are lucky to have these opportunities to improve their skills and fitness.

LMR SWIMMING PLACEMENTS

1sts
Peter Darley
B 17 Years 200m Individual Medley
Laura Hayter, Sarah O’Connor, Ellen Morrish, Lucy Morrish
G 18-20 Years Freestyle Relay
Sarah O’Connor, Ellen Morrish, Lauren Grace, Allie Winslow
G 17-20 Years 200m Medley Relay

Peter Darley, James Phillips, Brody Morrish, Kyle Sporn
B 17-20 Years 200m Medley Relay

Forthcoming Dates

OP-12 Senior College Cross Country
Wed 20th April Ouyen

SSV Mallee Division Cross Country
Tuesday 17th May Ouyen

ACCEPT THE CHALLENGES SO THAT YOU CAN FEEL THE EXHILARATION OF VICTORY

2nds
Ellen Morrish
G 18-20 Years 50m Breaststroke

Peter Darley
B 17 Years 50m Butterfly
B 17 Years 50m Backstroke

Peter Darley, James Phillips, Tom Morrish, Jacob Coe
B 17 Years 200m Freestyle Relay

3rds
Lucy Morrish
G 12-15 Years 200m Freestyle

Lauren Grace
G 12-13 Years 50m Breaststroke
G 12-13 Years 50m Freestyle

Ellen Morrish
G 18-20 Years 50m Butterfly

Liam Munro, Corey Cupper, Tate Hulland, Casey Mitchell
B 14 Years 200m Freestyle Relay

Charlee Pengelly, Allie Winslow
Megan O’Connor, Macey Evans
G 17 Years 200m Freestyle Relay

Brody Morrish, Kyle Sporn, Ryan McKay, Nic Erhardt
B 18-20 Years Freestyle Relay

4ths
Bradley Marks
B 15 Yr 50m Freestyle
B 15 Yr 50m Butterfly

Ben Morrish
B 15 Yr 50m Breaststroke

Macey Evans
G 17 Yr 50m Breaststroke

Brody Morrish
B 18-20 Yrs Years 50m Breaststroke

Lucy Morrish
G 15 Years 50m Butterfly
G 12-15 Years 100m Freestyle

Emily Phillips
G 14 Yr 50m Freestyle

Laura Hayter
G 16 Years 50m Freestyle

Ellen Morrish
G 18-20 Years 50m Freestyle
G 18-20 Years 50m Backstroke

Megan O’Connor, Lucy Morrish, Laura Hayter, Kaitlin Latta
G 15-16 Years 200m Medley Relay

Ben Morrish, Bradley Marks, Ryan Mudge, Adam Morrish
B 15-16 Years 200m Medley Relay

Greta Hayter, Abbey Latta, Emily Phillips, Marissa Prentice
12-13 Years 200m Freestyle Relay
Thanks to our school’s teachers for guiding our children through a very busy first term. The effort that goes in to educational opportunities and student support is appreciated.

NEXT MEETING:
Our next meeting will be on Monday, April 11th – first day of Term 2. At this stage, the meeting will be at 3:30p.m. There will be some funding requests to consider and some events to plan. The first event will be aimed at some Primary aged students with their parents. We’d still like to hear from parents who are willing to be a nominal rep for each year level. Parents Association seeks to be representative of the parents of the school. This could be better achieved with input from a range of year level experience.

FACEBOOK PAGE:
We have newsletters, notes home and Tiqbiz but have decided that Parents Association would benefit from its own space that can be administered as needed. It will be up and running during the term break and will be for sharing information about PA events; special programs for parents and students that might be of interest; and relevant educational bits and pieces. Melinda Clarke will administer it.

CATERING:
We will be catering for the CFA Dinner in their building on Wednesday, April 13. Roast and veges plus dessert for 50 – 60. Yr 3/4 contact Pat Higgins -0427669331; Yr 11/12 contact Yvonne Sporn on 0448153198

### Catering Ingredients

<table>
<thead>
<tr>
<th>Yrs 3/4</th>
<th>Yrs 11/12</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.5kg carrots</td>
<td>½ loaf bread crumbed</td>
</tr>
<tr>
<td>1 bunch spring onions</td>
<td>30 firm medium tomatoes</td>
</tr>
<tr>
<td>40 small to medium potatoes</td>
<td>1 small jar honey</td>
</tr>
<tr>
<td>3.5 kg beans</td>
<td>1 Kent pumpkin</td>
</tr>
<tr>
<td>2 x 300mL sour cream</td>
<td>1 jar cranberry sauce</td>
</tr>
<tr>
<td>1 tray cauliflower/broccoli au gratin (tray supplied)</td>
<td>2 trays cauliflower/broccoli au gratin (tray supplied)</td>
</tr>
<tr>
<td>1 punnet strawberries or raspberries</td>
<td>2 large pavlovas or 15 single serve pavs ~10-12 cm</td>
</tr>
<tr>
<td>2L milk</td>
<td>2 x 300mL cream</td>
</tr>
<tr>
<td>2 cheesecakes or 15 individual cheesecakes ~8-10cm</td>
<td></td>
</tr>
</tbody>
</table>

Donations towards cost of meat, rolls, etc welcome

### Workers

- **Workers:**
  - Wed 2:00p.m. – some food prep: 2 people
  - Wed evening 5:30 (TBC)– cooking, heating, gravy: 2 people
  - 6:45(tbc) - plating up - 3 plus 2 to wait table
  - Clean up

Thanks in anticipation

Raelene Vine – President, Helen Lam – Secretary

MEMBERSHIP & MINUTES

**NAME/S:** – ………………………………………………………………………………………………..

**$ ENCLOSED:** – ………………………………………………………………………………………………..

Please select

[ ] I would like to receive a printed copy of PA minutes via my child

Child: ……………………………………………………………………. Yr. level. ………………………..

[ ] I would like to receive minutes via e-mail

e-mail: …………………………………………………………………………………………………………

[ ] I do not wish to receive minutes

**My preferred time for PA meetings is:** ………………………………………………………………………………………………..
**Kanga Kicks**

Are you between the ages of 5 and 8 and interested in learning to play AFL? Ouyen United Kangas is offering a program which makes learning to play AFL fun, safe and easy for boys and girls. Through weekly coaching sessions they will learn the skills of the game in an exciting, social and safe environment.

Children will learn the fundamental motor skills vital for future physical activity and sport participation as well as learning how to interact with other children as part of a team in small group activities. Kanga Kicks will replace the NAB Auskick program which has been offered in previous years, it will run during Term 2 and will continue to be held on Thursday afternoons.

*There is no need to register with AFL Auskick.*

Any questions can be directed to Melanie Grace on 0437865010

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**Ouyen United Kangas**

**Jr Netball Training**

⇒ Training for 11 & under netball
⇒ Thursday, March 31st
⇒ 4:45pm
⇒ Students in year 5 and above are welcome to attend
⇒ For more information contact Amanda Hayter

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**Female players sought**

3 Colours SC is looking for female players
Under 14/15 girls
Senior Women

Further information: Vince Maiorana 0416 054 372 or threecoloursssc@live.com.au

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**Miniroos Registration Day**

3 Colours SC Miniroos Registration
Wednesday 13 April 2016

Venue: Pitch 10, Soccer Park, Flora Ave Mildura.
Time: 5:30pm – 6:30pm

New and existing players welcome to register

Players are requested to self register BEFORE the registration day.

Instructions on how to self register are available at www.threecolours.com.au

Further information: Vince Maiorana 0416 054 372 or threecoloursssc@live.com.au

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**FREE ENTRY**

Gold coin donations welcome

**Where?**

SMECC Community Cultural Centre
107—111 Twelfth Street, Mildura

Find out more
www.facebook.com/smeccinc
www.smeccinc.org

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**Sunraysia Multicultural Festival**

Join our community celebration that WELCOMES ALL in our region
Saturday 30th April

10:30am—3:30pm

Live Music & Dance
Traditional Food & Drinks
Afghan Community Workshop Space
Art & Craft Stalls
# Ouyen Mallee Bakery Lunch Orders for Ouyen P12

We have designed our menu to make healthy food available for all Ouyen P12 students. We have also included some other options, so make your selection based on a healthy eating plan.

<table>
<thead>
<tr>
<th>Lunch Everyday</th>
<th>Specials (only on these days)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sandwich/Roll/Wrap</strong></td>
<td><strong>MONDAY</strong></td>
</tr>
<tr>
<td>S/W Roll Wrap</td>
<td>Tropical Pizza $4.00</td>
</tr>
<tr>
<td>Chicken, Ham, Salami,</td>
<td>(Lean ham, low fat cheese, pineapple)</td>
</tr>
<tr>
<td>$4.50 $5.00 $5.00</td>
<td>TUESDAY</td>
</tr>
<tr>
<td>Lamb or Turkey &amp; Salad</td>
<td>Satay Chicken Kebab's $2.50</td>
</tr>
<tr>
<td>(Lettuce Carrot Tomato Cheese)</td>
<td>(Grilled)</td>
</tr>
<tr>
<td>Salad</td>
<td>WEDNESDAY</td>
</tr>
<tr>
<td>$4.50 $5.00 $5.00</td>
<td>Cheese Burger Roll $4.00</td>
</tr>
<tr>
<td>(Lettuce Carrot Tomato Cheese Alfalfa Beetroot)</td>
<td>Chicken Nuggets 60 cents</td>
</tr>
<tr>
<td>Ham &amp; Cheese Foccacia</td>
<td>(reduced fat &amp; oven baked)</td>
</tr>
<tr>
<td>$5.00</td>
<td>Chicken Schnitzel Roll $6.00</td>
</tr>
<tr>
<td>(Toasted or Fresh)</td>
<td>Cheese &amp; Gravy or Coleslaw &amp; Cheese</td>
</tr>
<tr>
<td>Chicken, Sun Dried Tomato</td>
<td>Egg &amp; Bacon Roll $4.00</td>
</tr>
<tr>
<td>&amp; Cheese Foccacia</td>
<td>Pies &amp; Pasties $4.00</td>
</tr>
<tr>
<td>$5.50</td>
<td>Sausage Rolls $3.50</td>
</tr>
<tr>
<td>Egg and Lettuce</td>
<td>Hotdogs $4.00</td>
</tr>
<tr>
<td>$4.00 $4.50</td>
<td>with cheese &amp; sauce</td>
</tr>
<tr>
<td>Ham, Cheese &amp; Tomato</td>
<td><strong>THURSDAY</strong></td>
</tr>
<tr>
<td>(Toasted or Fresh)</td>
<td>Roast Lamb &amp; Gravy Rolls $6.00</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td><strong>FRIDAY</strong></td>
</tr>
<tr>
<td>$4.00 $4.50</td>
<td>Roast Pork &amp; Gravy Rolls $6.00</td>
</tr>
<tr>
<td>(Toasted or Fresh)</td>
<td><strong>Drinks</strong></td>
</tr>
<tr>
<td>Cheese &amp; Vegemite</td>
<td>Water (600ml) $2.50</td>
</tr>
<tr>
<td>$3.00 $3.50</td>
<td>Oak Chocolate, Strawberry</td>
</tr>
<tr>
<td>Cheese</td>
<td>or Vanilla (300ml) $2.50</td>
</tr>
<tr>
<td>(Toasted or Fresh)</td>
<td>G.V Fruity Juices (250ml) $2.50</td>
</tr>
<tr>
<td>Fruit Salad</td>
<td>(Apple &amp; Blackcurrant or Tropical)</td>
</tr>
<tr>
<td>$4.00</td>
<td>Lencia Juice (250ml) $2.00</td>
</tr>
<tr>
<td>(terms 1 + 4)</td>
<td><strong>Warm Lamb OR Chicken Salad</strong></td>
</tr>
<tr>
<td><strong>Hot Food</strong></td>
<td>$5.00</td>
</tr>
<tr>
<td>Mac &amp; Cheese (200g)</td>
<td>(Lettuce Tomato Beetroot Coleslaw Cheese Tzatziki)</td>
</tr>
<tr>
<td>$4.00</td>
<td><strong>Salad Bowl</strong></td>
</tr>
<tr>
<td>Lasagne (200g)</td>
<td>Lettuce, Carrot, Tomato, Beetroot,</td>
</tr>
<tr>
<td>$4.00</td>
<td>Cucumber, Onion and cheese $4.00</td>
</tr>
<tr>
<td>Spaghetti Bolognaise (200)</td>
<td>With Ham, Chicken, Egg, Tuna,</td>
</tr>
<tr>
<td>$4.00</td>
<td>Salmon, Turkey, Coleslaw or Avocado Extra Each $1.00</td>
</tr>
<tr>
<td>Potato Bake (200g)</td>
<td></td>
</tr>
<tr>
<td>$6.00</td>
<td></td>
</tr>
<tr>
<td>Soup of the day + roll</td>
<td><strong>Parents Please Note</strong></td>
</tr>
<tr>
<td>(Terms 2 + 3)</td>
<td>Orders are to be clearly written on bag and year 5 - 12 are to be taken to the canteen at recess.</td>
</tr>
<tr>
<td><strong>Warm Lamb OR Chicken Salad</strong></td>
<td>Students year P-4 will have their envelopes collected from their classrooms as at present.</td>
</tr>
<tr>
<td>$5.00</td>
<td>We cannot guarantee the absence of allergens, including nuts.</td>
</tr>
<tr>
<td>(Lettuce Tomato Beetroot Coleslaw Cheese Tzatziki)</td>
<td>Please Note. Parents should note allergens clearly on orders.</td>
</tr>
</tbody>
</table>